



# Take 10 minutes for you

## New podcasts support your mental health and emotional well-being

Finding time for yourself is important for your physical, mental, and emotional health — but it can often be hard to do. To help you live a more balanced life, your Employee Assistance Program (EAP) now offers a podcast library that provides audio content on topics that might interest you.

Each podcast is full of real-life tips from licensed professional counselors who offer encouragement and advice on mental health and wellness topics. The episodes are less than 10 minutes long, so it's easy to fit one into your day — and you can listen at no cost.

Discover podcasts focused on topics such as:

- Building your resilience
- Caring for your mental health
- Eating disorders
- Leaning into relationships
- Overcoming addiction
- Parenting
- Recognizing depression
- Supporting caregivers

The EAP podcasts can help you navigate life's issues with more confidence. They're a quick way to find the encouragement you need.

### Visit our podcast library

Go to [anthemEAP.com](https://anthemEAP.com) and enter your company code **VBA**.

Select Podcasts to find available episodes.



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